

TRAVEL INSIDER

Tips from our resident globetrotter, Nigel Tisdall

SWEDISH STYLE

With its abundant lakes, forests and islands, Sweden makes an excellent choice for a healthy break. Nature Travels (naturetravels.co.uk) offers eco-tourism holidays ranging from a cosy week in a log cabin to self-guided cycling tours and kayaking with seals. A five-day 'Spa and Hike' break in the mountains of Dalarna costs from £245 full board, excluding travel. For more options, log on to visitsweden.com.

Get back to nature on an eco-break in Sweden



EasyJet (easyjet.com) has direct flights from London Gatwick to the Sicilian capital, Palermo, until late September. Baroque churches, crumbling palaces, lively markets and tasty food are key attractions. Check into the delightful Hotel Ucciardhome (hotelucciardhome. com), close to the old city and the best shopping streets. Double rooms cost from £99, with breakfast. For more information, pick up a copy of *Palermo* (£5.99, Thomas Cook) or visit palermotourism.com.

GREEN LIGHT

Environmentally aware travellers will want to get their hands on Green Rooms (£14.99, AA). As well as tackling thorny issues such as carbon offsetting and giving to beggars, it includes reviews of 100 hotels and ecolodges worldwide vetted for their green credentials.

TRAVEL IN STYLE

Don't just shove your precious platforms in the bottom of your suitcase.

Make sure they travel in style with this leather shoe case, priced £995, from Bally (020-7408 9878). How on earth did we ever manage to go on holiday without one?

TRAVEL



SMART DRIVING

Going places? Hit the road in style... Look for deals at carrentals.co.uk, where you can check over 40 suppliers.

Be kind to the planet by hiring a car with mixed sources of power – see holidayautos. co.uk/hybrid-cars.

3 Avis (avis.co.uk) has convertibles starting from £182 for a week in the UK.

The Howard Hotel (thehoward.com) in Edinburgh offers two nights, b&b with an E-type Jag, gournet hamper and one dinner from £535 per person.

Wondering where to go? Check out Top Gear Top Drives (£18.99, BBC Books).

